

Powerful Tools for Caregivers



Learn strategies.
Reduce stress.
Give yourself credit -
not guilt.

Attend this valuable
6-part workshop!

Tuesdays, September 22 - October 27
1:30 - 4:00 pm
AARP Office
3080 E. Gentry Way, Suite 100, Meridian

Are you stressed by caregiving?

Learn strategies to reduce stress, communicate well, and navigate family dynamics while making tough decisions. Build confidence in your decisions as you learn effective problem solving skills and connect with helpful resources. Learn to give yourself credit, not guilt. You don't have to do it alone.



Powerful Tools for Caregivers is an award-winning program that has helped thousands of family caregivers.

Registration is \$65. Scholarships available.

For more information, or to register **call 333-1363 x 243**